



FEBRUARY 2025



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INDEPENDENT LIVING
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<p>HAPPY BIRTHDAY</p> <p>Feb 08 Don Strickland</p> <p>Feb 13 Don Hollenbeck</p> <p>Feb 14 Marti Hanson</p>						<p>1</p> <p>10:30 AM Tai Chi (FC) 1:00 PM Maj Jong (private) 7:00 PM Movie- TBD (TH)</p>
<p>2</p> <p>9:30 AM Catholic Communion Service 10:30 AM Sunday Brunch (BDR) 2:00 PM Sunday Bridge (GR) 4:30 PM Hilltop Women Meet! (GR)</p>	<p>3</p> <p>10:00 AM Strength and Conditioning (FC) 1:00 PM CANASTA (GR) 1:00 PM Balance (FC) 1:30 PM ACTIVE MINDS Lecture (TH)</p>	<p>4</p> <p>10:00 AM Boxing Fitness Class 11:00 AM King Soopers Trip (ML) 11:00 AM Water Aerobics 1:30 PM Bridge Club (GR) 2:00 PM Make Watercolor Valentine Day Cards 6:00 PM Maj Jong (private)</p>	<p>5</p> <p>10:00 AM Strength and Conditioning (FC) 11:00 AM Tai Chi (FC) 1:00 PM Balance (FC) 2:00 PM PBS- Colorado Experience: University of Denver 2:45 PM Stretch with Anya 3:00 PM Bible Study (Christian) 3:00 PM Pink Champagne Floats- Resident Social (GR)</p>	<p>6</p> <p>9:00 AM Strength and Conditioning with Anya (FC) 10:00 AM Strength and Conditioning (FC) 10:30 AM Scrabble (GR) 10:30 AM Protein Smoothies with Kelly and Anya 11:00 AM Water Aerobics 4:30 PM Dinner Outing- Il Forno di Tutti</p>	<p>7</p> <p>9:00 AM Advanced Circuit Training Sign Up with Anya 10:00 AM Strength and Conditioning 1:00 PM Balance (FC) 1:30 PM Come and Sing! (TH) 2:30 PM Shabbat Services 2:45 PM Stretch with Anya 4:00 PM Happy Hour (ML) 4:00 PM Wear RED Happy Hour!</p>	<p>8</p> <p>10:30 AM Tai Chi (FC) 1:00 PM Maj Jong (private) 7:00 PM Movie- TBD (TH)</p>
<p>9</p> <p>9:30 AM Catholic Communion Service 10:30 AM Sunday Brunch (BDR) 2:00 PM Sunday Bridge (GR) 4:15 PM Superbowl- Hotdogs, snacks and drinks with Kelly! (TH)</p>	<p>10</p> <p>10:00 AM Strength and Conditioning (FC) 1:00 PM CANASTA (GR) 1:00 PM Balance (FC) 2:45 PM Stretch with Anya 3:00 PM Active Minds - POETRY EXPLORATIONS (PDR) 6:45 PM Travels w Chris Wells (TH)</p>	<p>11</p> <p>10:00 AM Boxing Fitness Class 11:00 AM King Soopers Trip (ML) 11:00 AM Water Aerobics 1:30 PM Bridge Club (GR) 2:00 PM Mountain Man Nuts & Fruit Co.Truck at Hilltop (ML) 2:00 PM Flower Arranging with Kelly</p>	<p>12</p> <p>10:00 AM Strength and Conditioning 11:00 AM Tai Chi (FC) 1:00 PM General Store is OPEN! 1:00 PM Balance (FC) 1:00 PM Make your own Chocolate Covered Strawberries w Kelly 2:00 PM PBS- Colorado Experience: Garden of the Gods</p>	<p>13</p> <p>9:00 AM Strength and Conditioning (FC) 10:00 AM Strength and Conditioning (FC) 10:30 AM Scrabble (GR) 10:30 AM Protein Smoothies with Kelly and Anya 11:00 AM Water Aerobics 1:00 PM Trip to COSTCO 3:00 PM Men's Group Meeting</p>	<p>14</p> <p>9:00 AM Advanced Circuit Training- Sign Up with Anya 10:00 AM Strength and Conditioning 1:00 PM Balance (FC) 1:30 PM Come and Sing! (TH) 2:30 PM Shabbat Services 2:45 PM Stretch with Anya 5:00 PM Valentines Day Dinner</p>	<p>15</p> <p>10:30 AM Tai Chi (FC) 1:00 PM Maj Jong (private) 1:00 PM Betsy Schwarm - Classical Music Lecture (TH) 7:00 PM Movie- TBD (TH)</p>
<p>16</p> <p>9:30 AM Catholic Communion Service 10:30 AM Sunday Brunch (BDR) 2:00 PM Sunday Bridge (GR) 4:30 PM Hilltop Women Meet! (GR)</p>	<p>17</p> <p>10:00 AM Strength and Conditioning (FC) 1:00 PM CANASTA (GR) 1:00 PM Balance (FC) 1:30 PM ACTIVE MINDS Lecture (TH) 2:45 PM Stretch with Anya</p>	<p>18</p> <p>10:00 AM Boxing Fitness Class 11:00 AM King Soopers Trip (ML) 11:00 AM Water Aerobics 1:30 PM Bridge Club (GR) 3:00 PM Leonard Barrett Performance 6:00 PM Maj Jong (private)</p>	<p>19</p> <p>10:00 AM Strength and Conditioning 11:00 AM Tai Chi (FC) 1:00 PM Balance (FC) 2:00 PM PBS- Colorado Experience: Jewish Pioneers (TH) 2:45 PM Stretch with Anya 3:00 PM Bible Study (Christian)</p>	<p>20</p> <p>9:00 AM Strength and Conditioning with Anya (FC) 10:00 AM Strength and Conditioning (FC) 10:30 AM Scrabble (GR) 10:30 AM Protein Smoothies with Kelly and Anya 11:00 AM Water Aerobics 7:00 PM Movie- TBD (TH)</p>	<p>21</p> <p>9:00 AM Advanced Circuit Training- Sign Up with Anya 10:00 AM Strength and Conditioning (FC) 1:00 PM Balance (FC) 1:30 PM Come and Sing! (TH) 2:30 PM Shabbat Services 2:45 PM Stretch with Anya</p>	<p>22</p> <p>10:30 AM Tai Chi (FC) 12:00 PM BUNCO Potluck (GR) 1:00 PM Maj Jong (private) 7:00 PM Movie- TBD (TH)</p>
<p>23</p> <p>9:30 AM Catholic Communion Service 10:30 AM Sunday Brunch (BDR) 1:00 PM Outing- Denver Concert Band 2:00 PM Sunday Bridge (GR)</p>	<p>24</p> <p>10:00 AM Strength and Conditioning (FC) 1:00 PM CANASTA (GR) 1:00 PM Balance (FC) 2:45 PM Stretch with Anya 3:00 PM BOOKCLUB</p>	<p>25</p> <p>10:00 AM Boxing Fitness Class 11:00 AM King Soopers Trip (ML) 11:00 AM Water Aerobics 1:30 PM MONTH Birthday Party! (ML) 1:30 PM Bridge Club (GR) 3:00 PM Ambassador Meeting 4:30 PM Dinner Outing- Blue Island Oyster Bar and Seafood</p>	<p>26</p> <p>10:00 AM Strength and Conditioning 11:00 AM Tai Chi (FC) 1:00 PM Balance (FC) 2:00 PM PBS- Colorado Experience: Last Stop 'til Denver 2:45 PM Stretch with Anya 3:00 PM Bible Study (Christian)</p>	<p>27</p> <p>9:00 AM Strength and Conditioning (FC) 10:00 AM Strength and Conditioning (FC) 10:30 AM Scrabble (GR) 10:30 AM Protein Smoothies with Kelly and Anya 11:00 AM Water Aerobics 11:30 AM Men's Group Lunch Outing</p>	<p>28</p> <p>9:00 AM Advanced Circuit Training- Sign Up with Anya 10:00 AM Strength and Conditioning 1:00 PM Balance (FC) 1:30 PM Come and Sing! (TH) 2:30 PM Shabbat Services 2:45 PM Stretch with Anya 4:00 PM Happy Hour (ML)</p>	<p>GENERAL STORE 2nd Floor Open: Monday- Friday 1-3pm</p>